

## **Abstract**

**Title:** Comparison of general and specific training indicators of athletes included in the SCM system in cycling and triathlon (case study)

**Objectives:** The thesis aim is to compare the capacity of training in general and specific training indicators of representative cyclists and triathletes in the junior category and in the category up to 23 years.

**Methods:** We have used qualitative and quantitative methods in our thesis. Both general and specific training indicators have been processed in Excel program using the graph tools. Comparison between cyclists and triathletes through the conversion of triathlon kilometres to cyclicistic kilometres has been portrayed using a line diagram. The analysis of training diaries and training indicators has also led us to search for the main differences in the training capacity of cyclists and triathletes.

**Results:** We have found out that specific and general training indicators between cyclists and triathletes vary. We have also found out that in the category up to 23 years there is increasing tendency of the training capacity.

**Keywords:** Triathlon, cycling, training indicators